

## Inadequate Diet (AK 49 – USDA 422)

### Explain to Participant

You're enrolled in the WIC program today because your/your child's diet is low in some important food groups and nutrients. Our bodies need many different foods and nutrients to stay healthy. Choosing the right amounts of food from each of the food groups is one way to be sure of getting what you need.

### Goal

The goal is to identify for the client which foods and nutrients are lacking in her/her child's diet and develop a plan for improving diet quality.

### Suggestions for Reducing Risk

Follow the food guide pyramid when choosing foods throughout the day.

Make a plan before shopping, so that healthy foods are available in the home.

Identify foods in each food group that the client enjoys and make suggestions about how these can be included in the daily food pattern

Identify foods which may be over-consumed and which may reduce an appetite for other foods.

Explain the nutrition education material suggested.

### Nutrition Education Material Suggested

*Hot Food Facts; NCES Prenatal Food Guide Pyramid –Foundation For Fitness; After You Deliver*

### Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

### Explain What the WIC Nutrients Can Do for You!

#### Calcium

Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

#### Iron

Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

#### Vitamin C

Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

**Protein**

Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

**Vitamin A**

Helps keep your skin healthy and smooth. Helps you see at night.

**Materials with More Information**